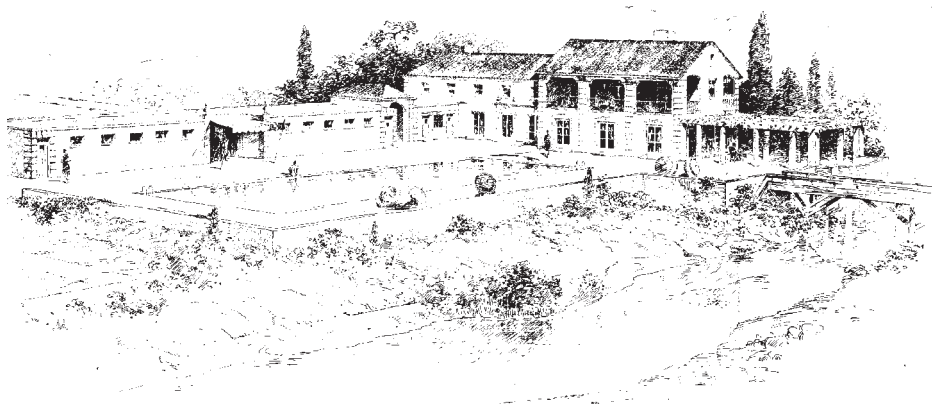


# Eel River Beach Club Member Handbook

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EEL RIVER BEACH CLUB  
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# ABOUT THE CLUB

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## FROM THE BOARD OF GOVERNORS

This handbook was designed to help you and your family derive the most from your membership in the Eel River Beach Club. The Club is run by members for its members and is a non-profit club. We pride ourselves on being a family club providing recreation and social activities for all ages. As such, the Club is more than tennis courts and two pools alongside Plymouth Beach. For many members, the Club is a summer home-away-from-home and a place for relaxing with friends while children enjoy closely

*“We pride ourselves on being a family club providing recreation and social activities for all ages.”* supervised recreational activities. This is the atmosphere that your Board of Governors works diligently to preserve.

Any club that works for its entire membership must have rules and regulations. Such rules are needed to ensure the safety and enjoyment of all members and guests, and as such, must be strictly enforced. Enforcement is the responsibility of the Club staff, supported by your Board. Please remember that the staff does not make the rules, but they will enforce them. The rules and regulations are an integral part of this handbook. Please familiarize yourself with them, as you will be expected to abide by them. They are provided for clarity and for uniform treatment of all members and guests.

Please remember that the Eel River Beach Club needs an active, involved membership to stay vibrant and healthy. Members are urged to support the Club by pitching in on Clean Up Day, at social functions, swim meets and tennis tournaments. Remember, this is a nonprofit club run for your enjoyment. So, pitch in and help out. Enjoy the Club to its fullest and be considerate of fellow members.

## HISTORY OF EEL RIVER BEACH CLUB

In 1929, a group of primarily summer residents of Plymouth formed the Eel River Beach Club Trust. The land on which the Club now stands was held by Eel River Farm, Inc. The owner, Hattie Hornblower, agreed to sell the 10 3/4 acres of land which included the 2.46 acres of public beach in front of the Club to the trust for \$50,000.

One of the trustees, Sidney Strickland, an architect, drew up plans for an elegant, stucco, two-story clubhouse with kitchen facilities, servant's quarters, dining room, ball room, and up- and down-stairs bars. The second floor had a balcony over-looking the pool and the roof was of imported red Italian tile. A separate bathhouse included lockers for your racquets, etc. and a laundry (the former "Pro Shop"

*"...you could leave your bathing suit to be cleaned and dried for the next day."*

building) that supplied towels and at which you could leave your bathing suit to be cleaned and dried for the next day. (The original architect's drawing appears on the inside front cover.)

The pool, originally a single pool, 35 yards long, was designed to be filled with either fresh or salt water. The first fresh-water filling, however, caused such a drain on the town water supply as to damage hot water heaters on Manter's point. From then on, the pool was filled from the ocean. There being no filtration system, it was drained and refilled every three to seven days to keep the water clean. Each summer, a group of volunteers had to install a six-inch line across the beach to the ocean, which was taken up again in the fall to avoid damage by winter storms. The original tennis courts were clay courts, adjacent to the pool (where the current "lower" courts are), and were brushed after each match and rolled and watered daily.

The clubhouse, bathhouse, pool, and tennis courts were built in 1929 and enjoyed until the early 40's, when the floor of the clubhouse collapsed during dancing at a wedding reception held at the club. The clubhouse had apparently suffered major structural damage due to dampness. The floor was repaired once, but an ensuing hurricane was the *coupe de grace*—more money had gone into the roof tiles than into the foundation. Due to the nature of the damage and the estimated cost of repairs, it was decided the only reasonable course was to tear the clubhouse down. (The clubhouse stood at the deep end of the pool, where the lawn is currently.)

In 1945 a second trust was formed as the first trust had out-lived its usefulness— the trust had been operating at a loss for several years, the bank was concerned that the razing of the clubhouse left insufficient equity to back outstanding loans, and the trust had defaulted on its payments to Mrs. Hornblower. Through her generosity, the land was donated to the club. A subscription was solicited from the original trust shareholders to defray the outstanding mortgage liabilities.

Through the work of this same group, legislation was enacted that created the concept of non-profit social and athletic organizations, of which the Eel River Beach Club, Inc. was the first in the state. The second trust conveyed the land, buildings, and other assets and liabilities to the Eel River Beach Club, Inc. Those who had subscribed to defray the loans, and a representative from the Hornblower family, were named

as the Incorporators of the club. (To put things in perspective, each incorporator invested \$500 in the new club; in the first year of operation, annual family dues were \$40, a junior membership was \$25, and there was a guest fee of 50¢ per day.)

In 1948, additional investments of \$200 each by the incorporators were used to convert part of the bathhouse to clubhouse use. The current breezeway area was made by reorganizing the lockers and installing overhead doors so that it could be opened during the day. In the 50's, the original walls of the bathhouse had become structurally unsound and were replaced by the current cinder block.

In the early 60's the club sold the 2.46 acres of beach to the town, as the public was using it without our assent, and the real estate taxes were substantial. The sale enabled the town to build the seawall on town land, which would also give the club protection from winter storms. The \$6500 received from the town helped to pay for two new asphalt tennis courts on the Warren Avenue side of the Club. The original clay courts at the south end of the pool were also converted to asphalt, to save on the annual maintenance and increase the playing season.

The "Pop Shop", which was started to create a summer job for one of the young members (originally where the "Pro Shop" is now located), was rebuilt in the late 60's by a group of members, by again reorganizing the lockers in the bathhouse, to its current location.

The pool was rebuilt in the 70's to its current configuration, and a filtration system was installed. Increased membership at the club made the old system of changing the water every three days both unsanitary and inconvenient (the pool had to be drained and filled with the tides, and was thus often empty during the middle of the day, unless the lifeguards took it upon themselves to "volunteer" to do the operation in the middle of the night). Interest in competitive swimming was at a peak at that time, and the non-standard pool size was a sore point with the other teams in the league, so the opportunity was taken to make the pool a regulation length and create the "baby pool". (The club had won the championship of the South Shore Swim League for the first six years of its existence. Certainly the fact that it had the only pool large enough for the league meet, and that pool being 10 yards longer than any other in the league gave a bit of a "home court" advantage!)

The winter storm of 1978 did substantial damage to the club grounds and facilities. However, the Club qualified for a low-interest government disaster loan, which enabled the club to restructure its debt and do the needed repairs, which included the present septic system located at the bend in the driveway near Warren Avenue.

The "Beach Club" is a testimony both to the many far-sighted people who not only conceived the idea of a family swimming and tennis club, but who contributed generously their time and money to its creation; and also to the many individuals who followed, unselfishly giving their time and talents to perpetuate the original concept. It seems that each year new contributors step forward to take their turn, usually motivated by seeing the wonderful benefits provided by the Club's physical plant and wholesome atmosphere

for their families, children, and grandchildren. There are families who have participated for generations; there are new-comers who have stepped into the breach and provided great dedication and inspiring creativity. It is this spirit of generosity, from the founders to the newest member that makes the Club what it is today.

## **CLUB GOVERNMENT**

According to the Club charter, and the statutes under which it was formed, no-one can benefit from the assets of the Club; the only possible disposition of club assets is to transfer them to another charitable organization. Because the club is a non-profit organization, it depends heavily on volunteers for its operation. (If you are interested in being more involved with the operation of the club and can volunteer your time, speak to any board member!)

The club management is overseen by several volunteer groups: the “Board of Incorporators”, a perpetuation of the original incorporator group, is today made up of a small group of long-time members in good standing. Technically, the Incorporators have only two jobs: to appoint the “Board of Governors”, and, should the need arise, to oversee the dissolution of the corporation. In actuality, the primary purpose served by the Incorporators has been to pass on the history and tradition of the club to new governors. The Incorporators meet at least once a year to appoint new governors to replace those whose terms have expired, although they often sit *ex officio* on the Governors’ meetings.

The Board of Governors is appointed by the Incorporators from the club membership. The charter calls for a board of 6 to 10 governors, serving for staggered, six-year terms. The Governors oversee the operation of the club, its dues, budget, staffing, repairs, improvements, etc. The governors elect their own officers, including a president, vice-president, treasurer, and secretary. The Governors meet on a regular basis throughout the year.

The Board of Governors creates committees to oversee various aspects of club operations. The “Management Committee” created in 1996 to replace its predecessor, the “House Committee”, is designed to provide the membership with a visible and receptive means to address concerns with Club policy and administration. The committee also reports directly to the President, who meets regularly with the committee to resolve issues and ensure the smooth running of the Club.

The members of the boards and committees are listed in the member directory, and you will often find them operating a back-hoe, paint-roller, broom, or weed-whacker at the club as part of their “overseeing” its operation. While the members of the boards and committees are open to suggestions at any time, please remember that these are volunteer positions and the best way to get a suggestion implemented is to volunteer to do it yourself!





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## MISSION STATEMENT

The Eel River Beach Club is a family oriented organization chartered for the specific recreational and entertainment benefit of its members. It relies upon the generous volunteer efforts of its membership to foster a spirit of community. Members regularly volunteer to host social events at the club, pitch in to assist with club activities and participate in a member clean-up day in the spring.

## MEMBERSHIP CLASSIFICATION

**Family** A Family Membership is available to a single parent with dependent children, or to a couple with or without dependent children, all residing at the same address. [\[see Note 1\]](#)

**Single** An individual, 26 years or older, must acquire his/her own membership, whether or not they reside with people who maintain a family membership.

**Senior** An individual 65 years or older, or couple where one member is 65 years or older, who has been a member of the Eel River Beach Club for at least 10 years.

**Life** An individual 80 years or older, or couple where one member is 80 years or older, who has been a member of the Eel River Beach Club for the previous 10 years.

**Seasonal Youth** Any member in good standing may sponsor a child (under 21), not residing with them, to use the club facilities and participate in club children's programs for a single season. This membership must be reapplied for each season, and the number of such memberships is at the discretion of the board. There is no initiation fee for this membership.

Seasonal youth members are subject to the rules and regulations of the Eel River Beach Club. The sponsoring members **and** the youth's parents are jointly responsible for the youth member. However the **sponsoring members** fulfill the role of parent when the youth is in attendance at the club.

Seasonal Youth Membership is intended to encourage participation by older children in tennis and swimming, to provide a way for non-member friends to participate in the club beyond the guest policy, and to address unusual family situations.

### **Sustaining**

An active member who would like to reserve his/her membership status. Sustaining members may utilize club facilities in conjunction with the guidelines established by the Guest Rules.



**Any requests for sustaining memberships must be set forth in writing and addressed to the Board of Governors, at or before the time of the initial billing for the current season.**

Requests for sustaining memberships will be granted at the discretion of the Board of Governors.

### **Notes**

1. To encourage members to continue their membership in the Club:
  - adult children of Family members who have been in good standing for the previous 5 years, or parents of Family members who have been in good standing for the previous 5 years, are eligible to join the club immediately with the initiation fee waived.
  - adult children of Senior members who have been in good standing for at least 10 years, or parents of Senior members who have been in good standing for at least 10 years, are eligible to join the club immediately with the initiation fee waived.

## DUES

<b>2017 Schedule of Fees</b>	Family Membership	\$1495
	Single Membership	\$1060
	Senior Membership	\$615
	Life Membership	No Charge
	Seasonal Youth Membership	\$915
	Sustaining	\$415
	Late Fee	\$40

Initiation Fee (one-time charge) \$2990

—Half the Initiation Fee is due the first year; the remainder will be billed the second year. New members must pay a \$300 deposit within 10 days of joining; their first year balance is due by August 15.

### Billing

Please mail your payments; do not hand your check to the Treasurer or leave it at the Club. Payments must be mailed according to the following schedule:

Bill	Mail Date	Payment due
Deposit	January 15	February 15
Balance	March 1	April 1

Late Fees will be charged on payments not received by the above due dates. **If a Deposit is not received by February 15, it will be assumed that the membership is resigned.**



**Any request for a variance from the above schedule MUST BE IN WRITING (email is acceptable) and is subject to approval by the Board of Governors.**

## NEW MEMBER PROCEDURE

Adult members who have been members for at least two years may propose one new member each year.

To enter a new member on our waiting list:

1. Two [New Member Recommendation Forms](#) must be completed (each new member must be sponsored by two current members).
2. A [Member Data Form](#) for the proposed new member must be completed
3. A \$100, non-refundable\* application fee must be mailed to:  
New Members  
ERBC  
P.O. Box 1706  
Plymouth, MA 02362

Recommendations and data forms may be completed on-line, but application fee letters **must** be postmarked. Hand-delivered application fees or forms will not be accepted. **Completed applications are kept in order upon receipt of application fee and two letters of recommendation.**

Prospective members will be notified in late spring of their membership status. New members will receive all privileges associated with membership except they shall not be permitted to sponsor a new member for two years.

When a prospective new member is offered membership, he/she will be given the opportunity to defer the membership for a period of one year. When the prospective member is offered the membership for a second time, the prospective member must accept or decline. If membership is declined the prospective member may choose have their name placed at the end of the waiting list in order to again be considered for membership in the future.

Both sponsoring members are expected to attend a new member orientation and to introduce their sponsorees at the Opening Cocktail Party. Sponsoring members are also listed in the member handbook.

If you have any questions regarding the new member procedure, please call either the President or Vice-President.

\*Application fee will be applied to first year's dues upon acceptance. Fee is not refundable if proposed member declines membership.

## GENERAL INFORMATION

### Pool Hours

The pool is scheduled to be open daily between 8:00 AM and 8:00 PM. The big pool is reserved for Adult Swim from 12:00 PM to 1:00 PM. The baby pool is closed from 12:00 PM to 12:30 PM. Both pools will be closed during swim meets and evening events.



**The pool is closed if the life guard is not on duty. Swimming is prohibited when the pool is closed. Pool treatments occur when the pool is closed.**

### Accidents

In case of an accident, the manager or qualified life guard will administer first aid and use their judgment in soliciting medical attention.

### Closing Policies

Members who wish to use the club after the life guard goes off duty, **must** sign out the gate lock from that lifeguard. It is the responsibility of the signing member to close the club. Closing the club entails:

1. Placing all chairs in the locker room,
2. Turning out locker room lights,
3. Locking the locker room door,
4. Turning off the gas grill,
5. Turning out all lights,
6. Locking the gate on courts 3 and 4 closest to the club,
7. Locking the parking lot gate, and
8. Locking the main gate.

### Club Hours

Staffed Club hours are 8:00 AM to 8:00 PM.

### Bulletin Boards

The tennis, swimming and general information bulletin boards are located in the Club entranceway. **Watch for special event sign-up sheets!**

### Calendar

A calendar of the Club's summer activities is available [online](#).

### Pop-Shop


Snacks and general menu items may be purchased by members at the Pop Shop, which is open daily.

### Gas Grill


Normal hours are from 4:30 PM to 8:00 PM.



**Please clean the grill when done.**

<b>Member Email</b>	<p>Throughout the year, members will receive emails notifying them of upcoming events. Emails are sent prior to each social event, providing specific information related to a particular event. The online calendar provides a summary of events.</p> <p><b>For the most current information, please visit the Club website at <a href="http://www.erbc.com">www.erbc.com</a>.</b></p>
<b>Locker Rooms</b>	<p>Ladies' and Men's changing rooms and showers are provided for members and their guests. Personal items <b>should not</b> be left unattended here.</p>
<b>Lost and Found</b>	<p><b>Items will be discarded every Friday afternoon.</b></p>
<b>Office</b>	 <p><b>The entranceway houses the manager's office, First Aid, and the guest sign in book. The telephone in this area is for emergency use only. The manager's office is restricted to staff only.</b></p>
<b>Tennis Program</b>	<p>Tennis lessons are available for all levels of players and all ages, in either group or private formats. The tennis team is offered for juniors sixteen (16) or under. Register and pay online at <a href="http://www.erbc.com">www.erbc.com</a> for group lessons and tennis team. Private lesson fees must be paid to the Tennis Pro at the time of service.</p>
<b>Swimming Program</b>	<p>Swimming lessons are available for all ability levels and use the standard American Red Cross format. All of the instructors are Red Cross certified and have their WSI (Water Safety Instructor) certification. Swim Team is available for children who can swim the length of the pool up to the age of sixteen (16). Register and pay online at <a href="http://www.erbc.com">www.erbc.com</a> for swimming programs.</p>
<b>Private Parties</b>	<p>All private children's parties are at the discretion of the management so as not to interfere with the normal operation of the club. Due to safety and insurance concerns, no more than six outside guests (including parents and siblings) may attend. Parties may only be scheduled for Monday, Tuesday and Thursday, between the hours of 1:00 pm and 5:00 pm. All children's parties must be approved by the Club Manager in advance. The member sponsoring the party is responsible for supervising children and set up/clean up. All other parties are subject to approval by the Board of Governors.</p>
<b>Website</b>	<p>Please visit our website at <a href="http://www.erbc.com">www.erbc.com</a></p>


## GENERAL CLUB RULES

1. When the Club is closed, children may not attend except under the supervision of a responsible adult member twenty-one (21) or over.
2. When the Club is open, children under twelve (12) must be supervised. If a parent is on the tennis court, an adult or baby-sitter must be assigned to watch their children until the parent returns. **The life guards are not baby-sitters.**
3. If a parent is not present at the Club, children fourteen (14) and older may baby-sit, when the Club is open and life guards are on duty. Sitters must have written, parental authorization for medical attention to their charges. A sitter with a child over 1 year of age as of opening day is required to apply for a Junior Membership for that child. ([Medical Release Forms](#) are available at the Pro Shop.)
4. When the Club is open and life guards are on duty, children twelve (12) and older may attend the Club unsupervised, at the manager's discretion. **Any child staying at the Club unsupervised must have a Medical Release Form on file.**
5. Unsafe or unruly behavior is not permitted and will result in loss of club privileges.
6. **Any child attending tennis or swimming lessons must have a signed Medical Release Form from their parent or guardian.**
7. Children may not play in the parking lot.
8. Bicycles, scooters, rollerskates, roller-blades and skateboards are not allowed on the tennis courts or around the pool area. Helmets are strongly recommended.
9.  **Use of glassware is not permitted.** This includes beer, wine and soda bottles. Please use plastic cups.
10. Dogs and pets are not permitted at ERBC.
11. Swimming, wading and fishing in the Eel River are not allowed.
12. Disposable diapers must be put in the trash containers located in the ladies' or men's locker rooms.
13. No one is allowed to climb on the bang-board or roof. Please contact the Club Manager if a ball is caught on top.
14. Any activities that endanger the safety of club members may be terminated at the discretion of the managers and/or lifeguards.
15. Due to insurance regulations, no outside alcohol is allowed at any Club sponsored functions at which alcohol is served.
16. The sandbox is for children ages 8 and under unless an older child is playing with a younger child. Parental supervision is recommended. **Lifeguards are NOT responsible for supervising the sandbox.**

## GUEST RULES

1. Guests who reside locally (within a 25 mile radius of the club) may only come to the Beach Club once a month, regardless of the number of people who invite them.
2. The pool manager must be introduced to each guest by the sponsoring adult member.
3. **The sponsoring adult member and guest must sign in to the guest book which is located in the office (children may NOT sign in guests).**
4. **The sponsoring adult member must sign in a guest for a Seasonal Youth and assumes full responsibility for the guest (children may NOT sign in guests).**
5. The sponsoring adult member is responsible for ensuring that their guests understand and obey the Club rules.
6. Guest rules apply to tennis court use as well as pool use.
7. House guests are not entitled to lessons or to play in tournaments.





Eel River  
Beach Club

# TENNIS GUIDELINES

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## GENERAL INFORMATION

1. Courtesy prevails. If people are waiting for a court, play should not exceed 1-1/2 hours for doubles or 1 hour for singles.
2. There is a court sign up sheet in the office. You must be at the club to select a court (i.e., no telephone calls for reserving courts).
3. Please sign up sequentially: do not leave gaps between court sign ups. Advance sign up is not permitted unless it follows a lesson blocked out by the Club Pro.
4. Adults or full-time working teens have preference on weekends and holidays and after 5 pm during the week.
5. Adults and children have equal status for court sign up during the week.
6. Sneakers and appropriate tennis dress are required (non-marking tennis shoes only).
7. When courts are busy, members are asked to limit their play to one match per day.  
**Mandatory** restrictions may become necessary if problems arise.
8. Please, observe E.R.B.C. tennis etiquette.

The Tennis Pro will coordinate the tennis activities which include tennis tournaments, children's group lessons and team tennis, and Men's and Women's Clinics. Private lessons are also available from the Pro.

Sign up online for children's group lessons. You can sign up online for adult tournaments or on the sign up sheets posted throughout the summer at the Club. If you have any questions regarding tennis events or placement in lessons, please contact the Pro.

## TOURNAMENT RULES

1. Tournaments are open to Members Only.
2. Members sixteen (16) years of age may enter the Adult Tournaments.
3. You must sign up for a tournament by 5 pm on the Thursday preceding the tournament. The draw will be posted online and at the Club by 4 pm Friday. You are responsible for checking the draw for your assigned match time.
4. Court time assigned by the draw may not be rescheduled. Please note that some tournaments require a two-day commitment.
5. Tournament fees are \$5.00/adult. You must pay before you play.
6. Please bring an unopened can of balls. The winner of a match will receive an unopened can of balls (tennis balls are available for sale in the Pop Shop).
7. You have 15 minutes for warm-up (warm-up will include serves). The match will start exactly 15 minutes after posted starting time. No additional warm-up time will be allotted to late arriving players.
8. Due to limited court time, matches will start on time. A player arriving more than 15 minutes after match start time will default the match.
9. Delays in matches may occur. On tournament days, match play will take precedence over normal court usage (i.e., you may sign up for normal court usage following a blocked match period, but please be aware that your court time may be preempted or shortened in order to complete a match).
10. Tennis etiquette is of the utmost importance. Proper conduct will be monitored by the Tennis Tournament Director and Tennis Committee. Unsportsmanlike conduct may result in disqualification.

**Any additional information regarding all events will be posted online and on the Tennis Bulletin Board. If additional regulations are necessary, they will be posted.**

# SWIMMING GUIDELINES

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## GENERAL SWIMMING RULES

1. Fully qualified lifeguards are on duty every day. Please respect their orders and cooperate fully with them.
2. Showers must be taken before entering the pool.
3. Running in the pool area is forbidden.
4. Diving or jumping at or on other swimmers is prohibited.
5. Water polo, hill-dill, & other pool games may be played only with the permission of the lifeguard. Use of balls is at the discretion of the lifeguard.
6. Only bathing suits may be worn in the pool.
7. Swimmers are permitted in the water while it is raining. If thunder or lightning is witnessed, all swimmers must clear the pool area for 30 minutes. Every time thunder or lightning is witnessed, it is an additional 30 minutes.

## DIVING BOARD

1. One person is allowed on the diving board at a time. Running is not permitted on the board.
2. **★ Caution:** The pool is only 8 feet deep at the diving board. Always familiarize yourself with the shallow depth of the pool by jumping in feet first before attempting any dives.
3. Diving from the board must be out into the middle of the pool – never to the sides.
4. Flips off the diving boards are permitted at the lifeguard's discretion.


## LARGE POOL

1. Absolutely no floatation devices are permitted.
2. Children using the large pool must be able to swim the width of the pool in water over their head. Children 8 years and younger are not permitted in the pool area without adult supervision.
3. Starting blocks are to be used only when authorized.
4. The large pool is closed to all children (except full time working teens) from 12 to 1 pm, for adult swim.

## SMALL POOL

1. The small pool is open to children 8 and under or children who are non-swimmers.
2. No diving is permitted in the small pool.
3. The small pool is closed from 12 to 12:30 pm daily, during swim meets and during some swim lessons.
4. Swimming diapers must be worn under the child's bathing suit.

## DIVING BLOCKS

1. The diving blocks located at the shallow end of the pool are for swim team related activities only, to be used under the supervision of the Swim Team Coach.
2.  **Caution:** The shallow end of the pool is only 3.5 feet deep. All swim team members **MUST** be able to execute a racing dive accordingly.
3. Always dive straight out off the blocks, never to the side.
4. Never perform a pike-dive or tucked/roll off the blocks.

## SWIM TEAM

The ERBC Swim Team is open to all members sixteen (16) and under who can swim the length of the pool. All children are encouraged to participate.

## SWIMMING INSTRUCTION

Sign up online for swim lessons. If you have any questions regarding the proper placement of your child, please see the Swim Coordinator.

	<b>Silverfish (Parent &amp; Tot)</b>	Water entry, getting comfortable in water, blowing bubbles, assisted floating
1	<b>Polywogs (Intro to Water Skills)</b>	Exit/enter water safely, submerge mouth, nose & eyes, exhale underwater, front & back float with support, use arms & legs to swim with support
2	<b>Guppies (Fundamental Aquatic Skills)</b>	Step or jump into water, submerge entire head, front/back float unsupported, front/back glide unsupported, swim on front & back (15 yds each)
3	<b>Sunfish (Stroke Development)</b>	Jump into deep water from side, head-first entry from sitting or kneeling, submerge & retrieve object, front crawl (with breathing) & back crawl (15 yds each)
4	<b>Dolphins (Stroke Improvement)</b>	Dive from side, swim underwater (3 body lengths), front & back crawl (25 yds each), breaststroke, elementary backstroke, butterfly (15 yds each)
5	<b>Flying Fish (Stroke Refinement)</b>	Shallow dive from side, swim underwater (15 yds), surface dives, flip turns, front & back crawl (50 yds each), butterfly, breaststroke, elem. backstroke, sidestroke (25 yds each)
6	<b>Personal Water Safety</b>	Common Skills: Front/back crawl (100 yds each), breaststroke, elem. back, sidestroke, butterfly (50 yds each), open turns, flip turns. Also includes: tread(5 min), tread no hands (2 min), surface dives & retrieve objects, self rescue techniques, safety rules.
	<b>Fundamentals of Diving</b>	Common Skills: Front/back crawl (100 yds each), breaststroke, elem. back, sidestroke, butterfly (50 yds each), open turns, flip turns. Also includes: basic stretching, dives from side, approach & hurdle, dives from board.
	<b>Lifeguard Readiness</b>	Common Skills: Front/back crawl (100 yds each), breaststroke, elem. back, sidestroke, butterfly (50 yds each), open turns, flip turns. Also includes: tread(5 min), tread no hands (2 min), rescue approach, surface dive & retrieve object, assists, removal from water, backboard.
	<b>Fitness Swimmer</b>	Common Skills: Front/back crawl (100 yds each), breaststroke, elem. back, sidestroke, butterfly (50 yds each), open turns, flip turns. Also includes: etiquette, pace clock, fitness swim equipment, principles of fitness program, various training techniques.





Eel River  
Beach Club

# SOCIAL EVENTS

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## GENERAL INFORMATION

The Social Committee consists of ERBC members who have volunteered to help coordinate the social events and activities at the club. The social success of the club is completely reliant on the involvement and participation of each and every member. Each year members are encouraged to host a social event. The Social Committee will assign at least one contact from the Committee to assist the hosts in organizing the events. The Committee will provide the necessary guidelines needed to run the event and to ensure that specific financial and legal requirements are met.

Please sign up online for social events. You must sign up by the deadline date indicated in order to attend. Please note that **unhonored reservations will be billed**. If you are interested in hosting a social event, contact the Social Committee. If you have an idea for a special interest event and are willing to organize it, contact the President

The Social Committee greatly appreciates and encourages any feedback related to the social events held at the Club. Members are asked to direct their comments and suggestions to either the Social Committee chairperson and/or the Social Committee members. Club members may also email their issues to [socialcommittee@erbc.com](mailto:socialcommittee@erbc.com).

Any issues that warrant further discussion or involvement from the management team will be addressed by the Social Committee chairperson(s) at the weekly management meetings. This forum allows the management team and the committee chairperson(s) the opportunity to meet and discuss issues brought forth by the club members.

